Nestlé's Every Day Recipes

Compiled by
SARAH FIELD SPLINT
What Nestlé’s Every Day Milk Is

Every Tin of Nestlé’s Every Day Milk contains ALL THE CREAM AND NOURISHMENT that is in a Quart of Pure Milk. Only the Useless Water has been Evaporated.

Use it for Every Purpose that Bottled Milk and Cream are used for
In the good old days, kitchens were charming, cheery, cozy spots, where the house cat warmed herself lazily under the stove, where gay geraniums bloomed on the window ledge, and Mother busied herself the whole day through with culinary mysteries of delicious odor and still more rapturous flavor.

That, however, was in the days when a woman's whole world was her home. As she began to discover that her community as well as her family had need of her, the lady of the house grew indifferent about her kitchen. It grew smaller and less important; and was inhabited not a second longer than was necessary. But now the kitchen has come into its own once more. A new kitchen it is, with all the charm and flavor of old-time domesticity, and all the efficiency and sanitation of modern housekeeping.

So, when little Mrs. Bride plans for her new house, she builds it around the kitchen—the real heart of the home. It is roomy but compact; the windows are big and sunny; the sink is just the right height; there's a rubber mat underneath it to save tired feet; an upper oven on the gas stove to avoid back strain, in one corner stands the fireless cooker, that most satisfactory of modern servants. Then there's the high stool for sitting down at one's work; in short, all the innumerable big and little helps that make modern housekeeping a delightfully businesslike occupation.

And tucked away in the pantry is the greatest boon of all, Nestlé's Every Day Milk—no going after
EVERY DAY MILK

the milk, no irritating waits on cold winter mornings, no finding it soured in summer, no worry about milk strikes. The modern housewife is forearmed against every emergency. This modern milk is always on hand ready for use at any time of the day or night, in every season. The whole family loves it, from Father to Littlest Baby.

As one housewife smilingly paraphrased: "What is home without a kitchen, and what is a kitchen without Nestlé's Every Day Milk?" And she might have added a word for the dining room, too, for there is always a tin of Every Day Milk on the table at meal-times. It takes the place of expensive cream to enrich the coffee or tea and cereal and dessert.

Nestlé's Every Day Milk can be used wherever milk is required in a recipe by adding equal parts of evaporated milk diluted with water. For example, suppose your recipe calls for one cup of milk. All that you need to do is to use ½ cup of Every Day Milk and ½ cup of water instead of the bottled milk. The result will be an even more tempting and savory dish than if ordinary milk were used.

To show you how very easy it is to use Nestlé's Every Day Milk we give the following recipes. They were planned for Every Day needs by a practical cook. But we wanted to 'make assurance doubly sure and so each recipe was tested; first, by experienced housekeepers, and second, by a domestic science expert.

How To Open A Tin of Every Day Milk

With an ice-pick or similar sharp tool, punch two small holes in the top of the tin on opposite sides near the edge.

Level Measurements Used

Standard spoons and measuring cups leveled are used in all the recipes given here.
SOUPS

Foundation for Cream Vegetable Soups

Nestlé's Every Day Milk, 3 cups
Flour, 3 tablespoons
Water, 2 cups
Butter (or substitute), 2 tablespoons
A dash of pepper
Onion, 1 tablespoon
Salt, 1 teaspoon

Serves eight persons

Melt the butter, add the flour and Every Day Milk. Stir and cook until thickened. Add to this one tablespoon of chopped onion, the salt and a dash of pepper.

The water from fresh asparagus, spinach, peas, carrots, celery, etc., should always be saved, and used in place of the cold water called for in the above recipe. The flavor is improved if some of the vegetable is pressed through a fine sieve and added with the water.

Serve with croutons or small crisp crackers.

Cream of Tomato Soup

Tomatoes, 1 quart can
Onions, 2 small
Celery stalk or
Celery salt, ½ teaspoon
Nestlé's Every Day Milk, 1 cup
Salt, 2 teaspoons
Sugar, 1 teaspoon
Pepper, ¼ teaspoon
Soda, ½ teaspoon
Water, 1 cup

Serves five persons

Add the onions, stalk of celery, salt, sugar, and pepper to the tomatoes and boil 20 minutes. Strain. Add the soda, then combine with warm Every Day Milk and water. Heat and serve. Finely minced parsley may be added as a garnish.

Oyster Stew

Butter, 1 tablespoon
Flour, 1 tablespoon
Water, 1 cup
Pepper to taste
Nestlé’s Every Day Milk, 1 cup
Oysters, 1 pint
Salt, ½ teaspoon

Serves four persons

Mix butter and flour, salt and pepper to taste. Add this to scalded Every Day Milk and water. Cook until thick, stirring constantly. Scald the oysters with their liquor, add to the above mixture and cook in double boiler until thoroughly hot.

EVERY DAY DISHES

Every Day Sauce for Vegetables, Meats and Fish

Butter, 1 tablespoon
Flour, 1 tablespoon
Nestlé’s Every Day Milk, ½ cup
Water, ½ cup
Salt and pepper to taste

Makes a cup of sauce

Put the butter into a saucepan to heat. Add the flour and seasonings. When the flour has cooked a minute, pour in the cold Every Day Milk and water and stir constantly while the sauce thickens. Stir until smooth.
Salmon with Every Day Sauce

Serves six or seven persons

Heat salmon by putting can in boiling water for half hour. Open; drain off liquid and place on hot platter. Pour two cups of Every Day Sauce over salmon. Garnish with lemon and parsley.

Scalloped Salmon and Rice

Rice, 2 cups (cooked)
Salmon, 1 medium-sized can

Every Day Sauce, 2 cups
Bread crumbs, ½ cup

Drain the liquid from the salmon, flake with a fork, and mix with the cooked rice. Add the Every Day sauce (which should be well seasoned) and put in a baking dish. Sprinkle thickly with bread crumbs, and brown in oven.

Creamed Asparagus on Toast with Poached Eggs

Asparagus, 1 can
Eggs, 6 (poached)
Toast, 6 slices

Every Day Sauce, 1 ½ cups
Cheese, ¼ cup (grated)

Serves six persons

Add the grated cheese to the Every Day sauce. Set the poached eggs on toast. Arrange the asparagus (which has first been heated in the can, then drained) on the toast with the eggs, and pour the sauce around and on top.

Creamed Eggs and Chipped Beef

Eggs, 5 or 6
Chipped Beef, ¼ lb.

Every Day Sauce, 2 cups
Bread Crumbs, ½ cup

Serves seven persons

Cook the eggs over a moderate fire until hard boiled. Slice the eggs into a baking dish, putting first a layer of eggs, then one of beef. Pour a little of the sauce over each layer, and finish with fine crumbs sprinkled over the top. Dot with butter, and bake until brown.
Rice and Meat Croquettes

Boiled Rice, 1 cup
Chopped cooked meat, 1 cup
Butter, 2 tablespoons
Nestlé’s Every Day Milk, ¼ cup

Water, 3 tablespoons
Eggs, 2
Seasonings to taste

Makes seven medium-sized croquettes

Heat the Every Day Milk and water and add the meat and rice. When the mixture has come to a boil stir in one egg slightly beaten, add butter, season and remove from the fire. Cool. Shape into desired form, roll in crumbs, then in slightly beaten egg, and again in crumbs; and fry in deep, hot fat until brown. Serve with Every Day Sauce.

Creamed Codfish

Codfish, ½ box shredded cod (or)
½ can fish flakes (or)
Equal amount of dried cod
Every Day Sauce, 1½ cups
Toast, 6 slices

Serves five or six persons

Add the shredded or dried cod (which has been freshened by soaking a short time in warm water and squeezed dry) to the Every Day Sauce and heat. Season to taste. Pour over hot buttered toast. If the canned fish flakes are used they do not need to be freshened.

Creamed Tuna Fish

Canned tuna fish, 1 pound
Water, ¾ cup
Paprika, ¼ teaspoon
Minced green pepper, 2 tablespoons
Butter (or substitute), 2 tablespoons
Minced pimentos, 1 tablespoon
Nestlé’s Every Day Milk, ¾ cup
Salt, ¼ teaspoon
Flour, 2 tablespoons

Serves eight persons

Cook the peppers and pimentos for five minutes in the butter, being careful that they do not brown. Add the flour, salt, paprika
**EVERY DAY MILK**

and Every Day Milk and water and cook until thickened. Add the fish and cook until it is thoroughly heated.
Serve over boiled rice or on buttered toast.

**Mold of Spinach with Every Day Sauce**

Spinach, 4 quarts (before cooking)  Bacon, 1 slice for each service  
Eggs, 3 (hard-boiled)  Salt and pepper to taste  
Every Day Sauce, 2 cups  

Serves seven persons

Cook the spinach until tender in salted water; drain and chop. Mash the hard-boiled yolks and stir them lightly into the spinach together with the seasoning. Press into a mold and keep hot over boiling water. When ready to serve, turn out on a platter, garnish with the bacon, and serve with the Every Day Sauce, to which has been added the whites of the eggs chopped fine.

**Potatoes Au Gratin**

Potatoes, 6 (cold boiled)  
Nestlé's Every Day Milk, 1 cup  
Butter, 2 tablespoons  
Water, 1 cup  

Serves seven persons

Put butter in a pan to melt; when melted add flour and stir until blended. Add Every Day Milk and water, and stir until it boils. Take from the fire and add the cheese and seasoning. Cover bottom of baking dish with sauce. Put sliced or diced potatoes in the dish in layers, covering each layer with sauce until dish is three-quarters full. Sprinkle with bread crumbs and put in the oven until brown.

**Scalloped Rice and Chicken**

Chicken, 2 cups (cold and cut)  
Rice, 2 cups (cold boiled)  
Bread crumbs, ½ cup  
Every Day Sauce, 2 cups  
Salt, pepper, celery salt and paprika to taste  

Serves seven or eight persons

Season the Every Day Sauce with salt, pepper, celery salt and paprika. Place alternating layers of rice, sauce and chicken in a baking dish. Sprinkle bread crumbs over the top and place in the oven until brown. When in season, chopped green or red pepper gives additional flavor, if a small quantity is added to the sauce. It also adds color to the dish.

**Cheese Souffle**

Cheese, ½ cup (grated)  
Flour, 2 tablespoons  
Nestlé's Every Day Milk, 1 cup  

Water, 1 cup  
Salt and Cayenne pepper—to taste  
Eggs, 3  
Butter, 1 tablespoon  

Serves six or seven persons

Melt the butter, stir in the flour, seasoning, Every Day Milk and water. Let this mixture come to a boil, stirring constantly. Partly
cool, then add the beaten yolks of the eggs, and the cheese. Fold in the stiffly beaten whites of the eggs and pour into a buttered baking dish or individual custard cups. Bake in a quick oven (about twenty minutes) and serve at once.

**Chicken à la King**

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<th>Ingredient</th>
<th>Quantity</th>
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<tr>
<td>Chicken</td>
<td>3 cups (cold, cut in inch dice)</td>
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<tr>
<td>Butter</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Flour</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Green pepper</td>
<td>1/2 cut in shreds</td>
</tr>
<tr>
<td>Red pepper</td>
<td>1/2 cut in shreds</td>
</tr>
<tr>
<td>Chicken broth</td>
<td>1 cup</td>
</tr>
<tr>
<td>Egg</td>
<td>1 or 2 (yolks only)</td>
</tr>
<tr>
<td>Nestlé's Every Day Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>1/4 pound</td>
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<tr>
<td>Salt and pepper to taste</td>
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Serves six or seven persons

Cook the shredded peppers (also mushrooms if they are used) in the butter for 15 minutes, keeping them covered while cooking slowly. Add the flour and seasoning, also the Every Day Milk and broth; stir to a smooth sauce. Put the chicken in the sauce to heat, and just before serving, stir in the beaten egg. Do not allow the mixture to boil or it will curdle. It is best to cook it over hot water.

**Macaroni with Cheese and White Sauce**

<table>
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<tr>
<td>Macaroni</td>
<td>1/2 lb.</td>
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<tr>
<td>Butter</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Flour</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Cheese</td>
<td>1/2 lb. or less, according to personal preference</td>
</tr>
<tr>
<td>Salt</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Water</td>
<td>1 cup</td>
</tr>
<tr>
<td>Nestlé's Every Day Milk</td>
<td>1 cup</td>
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</table>

Serves seven or eight persons

Break the macaroni into small pieces, and cook until tender, in rapidly boiling salted water. Make a white sauce by melting the butter, adding to it the flour, and when well blended add the Every Day Milk and water. Cook until thick, stirring meanwhile. Pepper may also be used if one prefers a more highly seasoned dish. Grate cheese or shave it thin; add it to the sauce. When the cheese is melted, pour the sauce over the macaroni, mix well and put in a baking dish. Sprinkle with grated cheese and brown in the oven.

**Potato Patties with Creamed Crab Meat**

<table>
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<th>Ingredient</th>
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<tbody>
<tr>
<td>Crab Meat</td>
<td>medium size can</td>
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<tr>
<td>Every Day Sauce</td>
<td>2 cups</td>
</tr>
<tr>
<td>Butter</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Every Day Milk</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Potatoes</td>
<td>5</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td></td>
</tr>
<tr>
<td>Parsley</td>
<td>1 tablespoon (chopped)</td>
</tr>
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</table>

Serves six persons

Boil and mash the potatoes. When mashed, add one tablespoon of melted butter, seasoning and Every Day Milk; beat until light. Form into little cakes, making a hollow in the center of each, and place in the oven until thoroughly hot. Add two cups of Every Day Sauce to the crab meat, together with the chopped parsley. Place the potato cakes on a hot serving dish, fill the hollows with the hot creamed crab meat, garnish with parsley and serve at once.
Tomato Salad Served with Cooked Dressing

Recipe for Dressing

Nestlé's Every Day Milk, 3/4 cup
Water, 1/2 cup
Salt, 1 teaspoon
Sugar, 1 teaspoon
Eggs, 2 (yolks)
Mustard, 1 teaspoon
Pepper, to taste
Flour, 2 tablespoons
Vinegar, 1/4 cup

Serves eight persons

Mix the flour with the salt, mustard, pepper and vinegar. Cook in a double boiler until thick. Remove from the fire and cool. Add the beaten yolks of the eggs to the Every Day Milk and water and cook in a double boiler until thick, like custard. Cool and mix with the thickened vinegar. This dressing will keep in a cool place for a considerable time, and is delicious served with tomato salad.

BREAD

Steamed Brown Bread

Whole wheat flour, 1 cup
Finely ground cornmeal, 1 cup
Rye flour, 1 cup
Nestlé's Every Day Milk, 1 cup
Molasses, 3/4 cup
Water, 1 cup
Soda, 1/2 teaspoon
Salt, 1/2 teaspoon

Makes one good-sized loaf

Mix the salt and soda with the three kinds of flour. Add molasses, together with the Every Day Milk and water; mix and beat thoroughly. Pour into a greased mold which has a cover, and steam four hours. Remove the cover from the mold when done, and bake in a moderate oven 20 minutes. The mold should be filled only three-quarters full to allow for rising.
Biscuits

Flour, 4 cups  Baking powder, 6 teaspoons
Salt, 1 teaspoon  Butter or butter substitute, 4 tablespoons
Nestlé's Every Day Milk, ½ cup  Water, ½ cup

Makes twenty small biscuits

Mix and sift the flour, baking powder and salt. Rub in the shortening, add the Nestlé's Every Day Milk and water.

Roll to thickness of one-half inch. Cut and bake in a hot oven from 12 to 15 minutes.

Whole Wheat Bread

Whole wheat flour, 4 cups  Molasses or sugar, 2 tablespoons
White flour, 2 cups  Yeast, ½ cake
Nestlé's Every Day Milk, 1 cup  Water, 1 cup
Salt, 2 teaspoons  Lukewarm water, ½ cup

Makes two medium-sized loaves

Mix the Every Day Milk and water, and scald. Cool to lukewarm, and add the molasses (or sugar), salt, and the yeast which has been soaked in the lukewarm water. Stir in the two kinds of flour, and knead until elastic. Place where it is warm and let the dough double in bulk. Knead it a little more, shape into loaves, and put into greased pans. Let the dough rise again, and bake in a moderate oven about one hour. When done, brush the tops with butter.
EVERY DAY MILK

BREAKFAST DISHES

Oatmeal Cooked in Milk

Rolled Oats, 1 cup
Salt, 1 teaspoon

Nestlé's Every Day Milk, 1 1/2 cups
Water, 1 1/2 cups

Serves six to seven persons

Put the water Every Day Milk and salt in a double boiler. When hot, stir in the rolled oats. Cook for an hour or more. Serve with Every Day Milk.

*Note*—Any cereal can be cooked by following the directions given on package and using equal parts of Every Day Milk and water.

Waffles

Nestlé’s Every Day Milk, 1 cup
Water, 1 1/4 cups
Eggs, 2
Flour, 2 1/2 cups
Salt, 1 teaspoon

Sugar, 2 tablespoons
Melted butter (or substitute)
3 tablespoons
Baking powder, 5 teaspoons

Serves six to seven persons

To the beaten yolks of the eggs add the Every Day Milk and water. Sift flour, salt, sugar and baking powder together. Gradually mix the liquid with the dry ingredients, adding the melted butter. Last fold in the whites of the eggs which have been beaten to a stiff froth. Bake on an evenly heated and well greased waffle iron.

Serve with butter and syrup, honey, cinnamon and sugar, or gravy. Waffles are delicious served with fricassee of chicken.

Griddle Cakes

Nestlé’s Every Day Milk, 1 cup
Water, 1 cup
Melted butter or substitute, 2 tablespoons
Sugar, 2 tablespoons

Eggs (well beaten) 1
Flour, 3 cups
Baking Powder, 4 teaspoons
Salt, 1 teaspoon

Serves six to seven persons

Mix the Every Day Milk and water. Sift the flour, salt, baking powder and sugar together. Add the liquid to the dry ingredients, stir in the beaten egg and melted shortening. Cook on a greased griddle. If a soapstone or aluminum griddle is used, no grease is needed.

PIES

Plain Pastry

1 cup flour
1/4 teaspoon salt
1/4 teaspoon baking powder
Cold water
1/2 cup shortening

Sift flour, baking powder and salt together. Cut in shortening with knife (the heat of the fingers melts the fat which tends to make tough pastry). Add only enough water to hold ingredients together. Turn out on slightly floured board in two portions (do not knead) and roll separately until thin.

*This makes enough for one pie, top and bottom crusts*
Cream Pie

Nestlé’s Every Day Milk, 1 cup
Flour, 4 tablespoons
Salt, 1/4 teaspoon
Butter, 1 tablespoon
Boiling water, 1 cup
Sugar, 3/4 cup
Eggs (yolks), 2
Vanilla, 1 teaspoon

Mix the Every Day Milk and the water. Heat in a double boiler. Mix thoroughly the flour, salt and sugar. Pour in the hot liquid and cook in a double boiler (stirring until it thickens) for 15 minutes.

Beat the egg yolks slightly. Add the hot mixture and return to the double boiler and cook five minutes longer. Add the butter and, when cool, the vanilla.

Chocolate Pie

Nestlé’s Every Day Milk, 1/2 cup
Cornstarch, 2 tablespoons
Grated Chocolate, 1/2 cup (1 1/2 squares)
Eggs, 2
Sugar for meringue, 4 tablespoons
Water, 1 cup
Sugar, 1/2 cup
Salt, 1/8 teaspoon
Vanilla, 1 teaspoon

Serves five or six persons

Mix the cornstarch, sugar, salt, grated chocolate, water and Every Day Milk together. Cook (stirring until the mixture thickens) in a double boiler for fifteen minutes. Beat the yolks of the eggs slightly. Add the chocolate mixture to them. Return to the double boiler and cook five minutes longer. Cool. Add the vanilla.

Pour into a pie crust which has been previously baked. Cover with a meringue made with the beaten whites of the eggs to which four tablespoons of sugar have been added. Brown in a slow oven.

Pumpkin Pie

Cooked pumpkin, 1 cup
Ginger, 1/4 teaspoon
Cinnamon, 1/4 teaspoon
Nestlé’s Every Day Milk, 1 cup
Sugar, 1/2 cup
Nutmeg, 1/8 teaspoon
Salt, 1/8 teaspoon
Eggs, 2

Serves five or six persons

Add to the pumpkin the mixed sugar, spices and salt. Beat the eggs slightly; add the Every Day Milk, and combine with the pumpkin mixture.

Line a pie pan with pastry. Pour in the filling. Put into a hot oven for five minutes; then reduce the heat and bake in a slow oven for about an hour (until the custard is firm).
Lemon Meringue Pie

Nestlé’s Every Day Milk, ¾ cup  
Hot Water, ¾ cup  
Sugar, 1½ cups  
Cornstarch, 4½ tablespoons

Salt, ¼ teaspoon  
Eggs, 2  
Butter, 1 teaspoon  
Grated rind of 1 lemon  
Lemon Juice, 4 tablespoons

Serves five or six persons

Mix sugar, cornstarch, salt, water and Every Day Milk. Cook in a double boiler (stirring until the mixture thickens) for 15 minutes or more. Beat the egg yolks slightly, add the hot mixture. Return this to the double boiler and cook five minutes longer. Add the butter, lemon juice and rind. Pour into a pie crust which has been previously baked, and cover with a meringue made from the beaten whites of the eggs to which 4 tablespoons of sugar have been added. Brown in a slow oven.

Meringue

Serves five or six persons

Beat the whites of the eggs until stiff. Add four tablespoons of sugar.

Pour the cream filling into a pie crust which has been previously baked. Put the meringue on top and brown in a slow oven.

Custard Pie

Eggs, 2  
Salt, ½ teaspoon  
Nestlé’s Every Day Milk, 1 cup

Sugar, ¼ cup  
Nutmeg, ½ teaspoon  
Water, 1 cup

Serves five or six persons

Beat the eggs slightly with the sugar, salt and nutmeg. Add the Every Day Milk and water. Line a pan with pastry. Pour in the custard. Place in a hot oven for five minutes (until the custard is firm).
**FROZEN DESSERTS**

**Strawberry Ice Cream**

Follow the same recipe as that given for French Ice Cream, adding a quart of crushed and sweetened strawberries when the custard is beginning to freeze.

**French Ice Cream**

- Nestlé's Every Day Milk, 1 cup
- Water, 1 cup
- Eggs, 3
- Sugar, 1 cup
- Salt, 1/4 teaspoon
- Vanilla, 1 tablespoon
- Nestlé's Every Day Milk, 1 cup (undiluted)

Serves seven or eight persons

Scald the Every Day Milk and the water in a double boiler. Cream the egg-yolks, sugar and salt together, and when light and thick, pour the scalded milk into the egg mixture. Return to the double boiler and cook until the custard coats the spoon. Cool. Turn into the freezer, and freeze to a mush. Then add the undiluted Every Day Milk, flavoring, and the beaten whites of the eggs, and finish freezing. Remove the dasher from the can and allow to stand an hour or two before serving.

*Note*—This recipe makes an excellent foundation for chocolate, bisque, pistachio, nut or fruit ice cream.

**Chocolate Ice Cream**

Follow the same recipe as that given for French Ice Cream, adding to the Every Day Milk four (4) squares of chocolate and make custard as directed before, using vanilla as a flavoring.
EVERY DAY MILK
FILLINGS AND FROSTINGS

How to Whip Nestlé's Every Day Milk

Place the tin of Every Day Milk, unopened, in a pan of cold water and bring the water to a boil. Remove the tin and cool it by placing in cold water or letting cold water run on it. Then place the tin of milk, the whipper, and the bowl in which the milk is to be whipped, on ice for not less than 20 minutes or until it is thoroughly chilled.

After chilling, pour the milk into the bowl and whip in the regular way.

The milk will become stiff in a few minutes, then add sugar or flavoring to suit taste and whip again for a few seconds.

Use a Double Dover, No. 1 Ladd, or any other good whipper.

Boiled Icing

Sugar, 1 cup
Water, 5 tablespoons
Egg, 1 (white only)
Vanilla, 1 teaspoon

Boil the sugar and water until the syrup will form a soft ball when dropped in cold water. Add vanilla and pour slowly upon the stiffly beaten white of egg. Beat continuously until thick enough to put on the cake.

Caramel Filling

Brown sugar, 2 cups
Butter, 1 teaspoon
Grated Chocolate, 4 teaspoons
Nestlé's Every Day Milk, ½ cup

Put all the ingredients in a saucepan over the fire, and cook until thick. Pour over the cake.

Plain White Icing

Nestlé's Every Day Milk, 2 tablespoons
Vanilla, 1 teaspoon
Powdered Sugar, 1 cup

Enough to cover one large cake

Beat the sugar in with the Every Day Milk which has been warmed, and add the flavoring.

CAKES

Devil's Food Cake

Brown Sugar, 5 tablespoons
Chocolate, 2 squares
Flour, 2 cups
Baking powder, 2 teaspoons
Eggs, 3
Water, 6 tablespoons
Nestlé's Every Day Milk, 2 tablespoons
Water, 4 tablespoons

Butter (or substitute), ½ cup
Brown sugar, 1⅓ cups
Nestlé's Every Day Milk, 2 tablespoons

Makes ten generous slices
Cook the first four ingredients to a thick paste. Cool.
Mix together the butter and sugar, adding Every Day Milk and water. Drop in eggs and mix with egg beater. Add sifted flour and baking powder.

Combine the two mixtures. Bake in a loaf form in a moderate oven.

Chocolate Layer Cake

Butter, ½ cup  
Sugar, 1 ½ cups  
Eggs, 3  
Nestlé’s Every Day Milk, ¾ cup

Cream the butter and sugar, add the yolks of the eggs and beat until light. Add flour sifted with the baking powder; also the Every Day Milk, and flavoring; beat until light. Fold in the stiffly beaten whites of the eggs, and bake in three layers. Put together with the following icing:

Chocolate Icing

Chocolate, 4 squares  
Nestlé’s Every Day Milk, 1 cup (or ½ cup milk and ½ cup water)  
Enough for a three-layer cake

Cook the Every Day Milk and chocolate together until smooth, stirring constantly. Add the sugar and cook until the mixture thickens. Take from the fire and when cool add the vanilla and spread between the layers and on top of the cake.

Strawberry Short Cake

Flour, 2 cups  
Sugar, 2 tablespoons  
Nestlé’s Every Day Milk, 1 cup  
Serves eight or nine persons

Sift together the flour, salt, sugar and baking-powder. Mix the butter thoroughly in the mixture, and stir in the Every Day Milk to make a smooth dough. Pat smooth into a pan and bake 15 or 20 minutes. Split the cake in half, and butter both halves. Have ready about one quart of strawberries, sugared and chopped, saving some fine berries to decorate the top. Put the fruit between and on top of the cake. Whipped Every Day Milk should be spread on top, and the selected berries used for decoration.

Note—In winter or when berries are not in season canned fruit may be used.
Caramel Layer Cake

Double the ingredients given in the recipe for “one egg” cake, flavoring the batter with extract of vanilla, and baking in three layers.

Spread caramel filling between and on top.

This same recipe may be used for chocolate, cocoanut, orange or any other layer cake.

One Egg Cake

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<tr>
<td>Eggs</td>
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</tr>
<tr>
<td>Nestlé’s Every Day Milk</td>
<td>2 tablespoons</td>
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<tr>
<td>Sugar</td>
<td>¾ cup</td>
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<tr>
<td>Baking Powder</td>
<td>1 ½ teaspoons</td>
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<td>Water</td>
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<td>Butter</td>
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<tr>
<td>Flour</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>Vanilla</td>
<td>½ teaspoon</td>
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Two-layer cake, to be cut into ten pieces

Cream the butter and sugar, add the egg and beat all together until light and thick. Sift the baking powder with the flour, and add it gradually to the butter mixture, alternating with the Every Day Milk and water. Stir until the batter is smooth. Flavor, and bake in two layers in hot oven. Put together with any desired filling or icing.

CANDIES

Quick Fondant

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confectioner’s Sugar</td>
<td>2 cups</td>
</tr>
<tr>
<td>Nestlé’s Every Day Milk</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 ½ teaspoons</td>
</tr>
</tbody>
</table>

Makes about one pound of candy

Stir the sugar and flavoring into the Every Day Milk which has been warmed. Whip thoroughly and use as desired.
Candies from Quick Fondant

**Cocoanut**—Work in a little shredded cocoanut with quick fondant, shape into balls and roll in granulated sugar.

**Cherry**—Work chopped Maraschino Cherries into the fondant, shape into balls and roll in granulated sugar. Decorate top with piece of cherry.

**Date or Walnut**—Make a small ball of fondant and press half a walnut or half pitted date on each side.

**Almond**—Chop roasted almonds and mix through fondant, shape in balls and roll in sugar.

**Chocolate**—Shape fondant into small balls, set away to harden and then dip in sweet or bitter chocolate which has been melted over hot water.

**Dates, Prunes, Figs**—Fondant may also be used to stuff dates, prunes, figs, etc.

Penuche

| Light brown sugar, 2 cups | Vanilla, 1/2 teaspoon |
| Cream of tartar, 1/8 teaspoon | Chopped walnuts, 3/4 cup |
| Nestlé’s Every Day Milk (undiluted), 1/2 cup |

Makes about one and one quarter pounds

Put the sugar, cream of tartar and Every Day Milk over the fire. Stir until dissolved, then cook to the “soft ball” stage (see following recipe). Remove from the fire, add the nuts and vanilla, and stir until the mixture thickens. Pour into a buttered pan, and when partly cool, cut into squares.

The mixture may curdle, but will cook out all right.
**EVERY DAY MILK**

**Peanut Candy**

Peanuts, 1 cup  
Corn Syrup, ¼ cup  
Nestlé’s Every Day Milk, 1 cup  
Butter, 2 tablespoons  
Brown Sugar, 2 cups

Makes about one pound and a quarter

Put the sugar, corn syrup, Every Day Milk and butter in a saucepan, and set it on the stove over a moderate fire. Stir until the sugar is dissolved, then let the mixture cook undisturbed, until the “soft ball” stage is reached. This may be determined by dropping a small quantity from the tip of a spoon into cold water. When the drops may be gathered together into a ball without sticking to the fingers, the “soft ball” stage has been reached. Add the peanuts and stir until the candy is thick, and pour into a greased pan. When cool cut in squares.

**PUDDINGS**

**Chocolate Blanc Mange**

Cornstarch, 4 tablespoons  
Chocolate, 2 squares  
Water, 1½ cups  
Nestlé’s Every Day Milk, 1½ cups  
Salt, ½ teaspoon  
Vanilla, ½ teaspoon  
Sugar, ⅛ cup

Serves six persons

Scald the Every Day Milk and water with the chocolate in a double boiler, saving enough of the liquid (cold) to mix with the cornstarch. Add the dissolved cornstarch, sugar and salt to the scalded mixture, stirring until thick; then let it cook half an hour. Add vanilla and beat well. Serve cold.

The following thin boiled custard is nice to serve with this pudding:

Beat together the yolk of one egg and a tablespoon of sugar. Add it to one-half cup of Nestlé’s Every Day Milk and one-half cup of water, which have been scalded. Cook the mixture in a double boiler until it is thick enough to coat a spoon. Flavor with vanilla and serve cold.

**Rice Pudding**

Rice, ¼ cup  
Salt, ¼ teaspoon  
Nestlé’s Every Day Milk, 2 cups  
Sugar, ¼ cup  
Vanilla, ½ teaspoon  
Water, 2 cups

Serves six persons

Mix all the ingredients together in a baking dish. Bake two hours in a slow oven, stirring occasionally. If desired, one-half cup of raisins may be added 30 minutes before removing the pudding from the oven.
**Peach Roly Poly**

**Ingredients**
- Peaches, canned, 1 pint
- Nestlé's Every Day Milk, 1/2 cup
- Cold Water, 1/2 cup
- Flour, 2 cups
- Salt, 1/2 teaspoon
- Sugar, 1 tablespoon
- Baking Powder, 4 teaspoons
- Butter (or substitute), 3 tablespoons

**Serves six persons**

Mix and sift the flour, salt, sugar and baking powder; rub in the shortening. Add the Every Day Milk diluted with the water.

Place the dough on a floured board and roll out in an oblong shape, about one-quarter inch thick.

Drain the peaches and chop them. Spread them over the dough. Sprinkle with a little nutmeg or cinnamon. Roll like a jelly roll, pinching the edges together.

Brush the top with a little Every Day Milk. Bake in a moderate oven for about 30 minutes.

Serve with the following sauce:

**Plain Sauce**

- Sugar, 1 cup
- Flour, 3 tablespoons
- Butter (or substitute), 2 tablespoons
- Salt, 1/6 teaspoon
- Water, 2 cups (boiling), or peach juice with enough water added to make 2 cups of liquid
- Lemon, 1 (juice and grated rind)

Mix the sugar, salt and flour. Add the boiling water and fruit juice gradually. Cook, stirring constantly until the mixture becomes clear. Stir in the butter. Remove from the fire and add the lemon juice and rind. Serve hot.

*Note* - Other canned fruits may be used instead of the peaches. If raw fruits, such as apples, are used, sprinkle the chopped fruit with sugar.

**Prune Snow**

- Prunes (cooked and pitted), 1 pint
- Nestlé's Every Day Milk, 1/2 cup
- Granulated sugar, 8 tablespoons
- Eggs, 2
- Butter, 1/8 teaspoon
- Water, 1/4 cup

Serves six persons

Place the prunes in good sized pudding dish. Make a custard of the Every Day Milk, water, four tablespoons of sugar, butter and the beaten yolks of the eggs. Pour this over the prunes. Now place pudding dish in pan of water and bake until the custard is set (about one-half hour).

Then put on a meringue made of the stiffly beaten whites of two eggs and four tablespoons of granulated sugar. Put back in oven to brown lightly.
**EVERY DAY MILK**

**Baked Custard**

Nestlé’s Every Day Milk, 1 cup  
Eggs, 2  
Salt, pinch  
Water, 1 cup

Sugar, 3 tablespoons  
Nutmeg or vanilla (Grated nutmeg, or vanilla to taste)

Serves six persons

Beat the eggs slightly, add the sugar, and mix with the Every Day Milk and water. Pour into buttered mold or custard cups. Stand in a pan of hot water and bake in a moderate oven until set. When firm in the center, the custard is done.

Cocoanut may be added and the same method of cooking followed.

**Cornstarch Pudding**

Cornstarch, 5 level tablespoons  
Nestlé’s Every Day Milk, 1 1/2 cups  
Sugar, 1/2 cup  
Salt, 1/4 teaspoon

Water, 1 1/2 cups  
Eggs, 2  
Vanilla, 1 teaspoon

Serves eight persons

Mix together the Every Day Milk and water, saving one-half cup to moisten the cornstarch. Scald the Every Day Milk in a double boiler, and add the cornstarch which has been wet with the cold milk. Cook until the mixture is thickened, about 10 or 15 minutes. Beat the eggs until light, adding the sugar and salt. Remove the cornstarch from the fire and add the beaten eggs, stirring well. Flavor and serve cold with whipped Every Day Milk.

**Eggless Plum Pudding**

Chopped beef suet, 1 cup  
Molasses, 1 cup  
Currants, 1 cup  
Nestlé’s Every Day Milk, 1 cup

Cloves, cinnamon, allspice, soda—1 teaspoon of each

Serves eight or nine persons

Mix above ingredients together thoroughly, adding enough flour to make a stiff batter. It is best to sift the salt, spices and soda with the flour, as this distributes them more evenly. Put in a well greased mold with a cover, and steam four hours. Serve with a plain sauce.

**Bread Pudding**

Stale Bread Crumbs, 1 cup (scant)  
Sugar, 2 tablespoons  
Nestlé’s Every Day Milk, 1 cup

Flavoring (vanilla or nutmeg or orange) to taste

Eggs, 2  
Water, 1 cup  
Salt, 1/4 teaspoon

Serves six or seven persons

Beat the eggs with the sugar until light, reserving the white of one
NESTLE'S FOOD COMPANY

egg for the meringue. Add the Every Day Milk and water to the eggs, and stir well. Mix in the bread crumbs, flavor and pour into a baking dish. Set the dish in a pan of water. Bake slowly one hour. Remove from the oven, spread the pudding with a thin layer of jelly, and a meringue made from the white of the egg and two tablespoons of sugar. Place in the oven long enough to cook the meringue. Serve cold with whipped or plain Every Day Milk.

**Spanish Cream**

| Nestlé's Every Day Milk, 1 1/2 cups | Eggs, 2 |
| Water, 1 1/2 cups | Granulated gelatine, 1 1/2 tablespoons |
| Sugar, 1/2 cup | Vanilla, 1 teaspoon |

Serves eight persons

Soak the gelatine in the water and Every Day Milk for at least five minutes. Scald. Beat the egg yolks with the sugar and salt. Add to the gelatine mixture and cook until it becomes the consistency of custard. Fold in the stiffly beaten whites of the eggs and add flavoring. Put in a mold which has been chilled with cold water. When stiff, serve with fruit or whipped Every Day Milk.

**Tapioca Pudding**

| Tapioca, 4 tablespoons | Sugar, 3/4 cup |
| Nestlé's Every Day Milk, 2 cups | Eggs, 2 |
| Water, 1 1/2 cups | Salt, 1/4 teaspoon |
| Vanilla, 1/2 teaspoon |

Serves eight persons

Soak the tapioca one hour in enough cold water to cover; drain. Add the Every Day Milk and water and cook in double boiler until the tapioca is transparent. Add the sugar, yolks of eggs slightly beaten, and salt. Cook until it thickens. Remove from the stove and add whites of eggs, beaten stiff. Flavor and chill.

**BEVERAGES**

**Hot Cocoa**

| Cocoa, 6 tablespoons | Water, 3 cups |
| Nestlé's Every Day Milk, 3 cups | Sugar, 1 tablespoon |
| Vanilla, few drops |

Serves six persons

Make a smooth paste of the cocoa and sugar, wetting it with a little of the cold Every Day Milk and water. Heat the rest of the milk and water, adding the cocoa. Cook for five minutes. Whip with an egg beater to prevent a skin forming, and pour into a heated chocolate pot into which the vanilla has been dropped. Serve with whipped Every Day Milk. Sweeten cocoa to taste.

**Iced Cocoa**

Follow the recipe given for hot cocoa. Chill. Serve with cracked ice and whipped Every Day Milk.
NESTLÉ’S EVERY DAY MILK
FOR BABIES

Every healthy mother should nurse her baby because that is the surest way of bringing him through his early months with the least trouble. If additional food is required, however, Nestlé’s Every Day Milk offers distinct advantages over ordinary milk.

It is absolutely safe because it is sterilized; it furnishes complete nourishment, and it is always of uniform purity and quality.

DIRECTIONS

In all cases, the water should be first boiled and each feeding prepared separately, as needed. After opening the tin of milk, keep the milk in the tin in a cold place, and keep the tin covered. Dilute the milk with water according to the amounts given. Keep the bottle and the nipple perfectly clean.

The following schedule may be adjusted to suit the weight and condition of the infant.

FORMULAS

<table>
<thead>
<tr>
<th>Every Day Milk</th>
<th>Water</th>
<th>Sugar</th>
<th>Quantity Each Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st week</td>
<td>1/2</td>
<td>1</td>
<td>1 oz.</td>
</tr>
<tr>
<td>2nd week</td>
<td>1</td>
<td>1 1/2</td>
<td>1 1/2 oz.</td>
</tr>
<tr>
<td>3rd week</td>
<td>1 1/2</td>
<td>2</td>
<td>2 oz.</td>
</tr>
<tr>
<td>4th and 6th week</td>
<td>3</td>
<td>3</td>
<td>3 oz.</td>
</tr>
<tr>
<td>7th and 9th week</td>
<td>4</td>
<td>3 1/2</td>
<td>3 1/2 oz.</td>
</tr>
<tr>
<td>2nd and 4th month</td>
<td>5</td>
<td>3 1/2</td>
<td>3 1/2 oz.</td>
</tr>
<tr>
<td>5th and 9th month</td>
<td>7</td>
<td>4</td>
<td>4 oz.</td>
</tr>
<tr>
<td>10th and 12th month</td>
<td>10</td>
<td>4 1/2</td>
<td>4 1/2 oz.</td>
</tr>
</tbody>
</table>

From the first to the sixth week feed every two hours ten times per day. Thereafter lengthen the intervals and decrease the number of feedings so that after the ninth month you feed every four hours five times per day.

FRUIT JUICES

When baby is three months old, he should have fruit juices daily—orange juice is most frequently used, but if for any reason this does not agree with baby or is unobtainable, use prune or tomato juice. Begin with one teaspoonful and gradually increase the amount as baby grows older to one or two ounces daily.

If further information is required regarding the care and feeding of children, please write to our Medical Department, who will be very glad to answer all inquiries.

NESTLÉ’S FOOD COMPANY
MEDICAL DEPARTMENT
NEW YORK
A-232